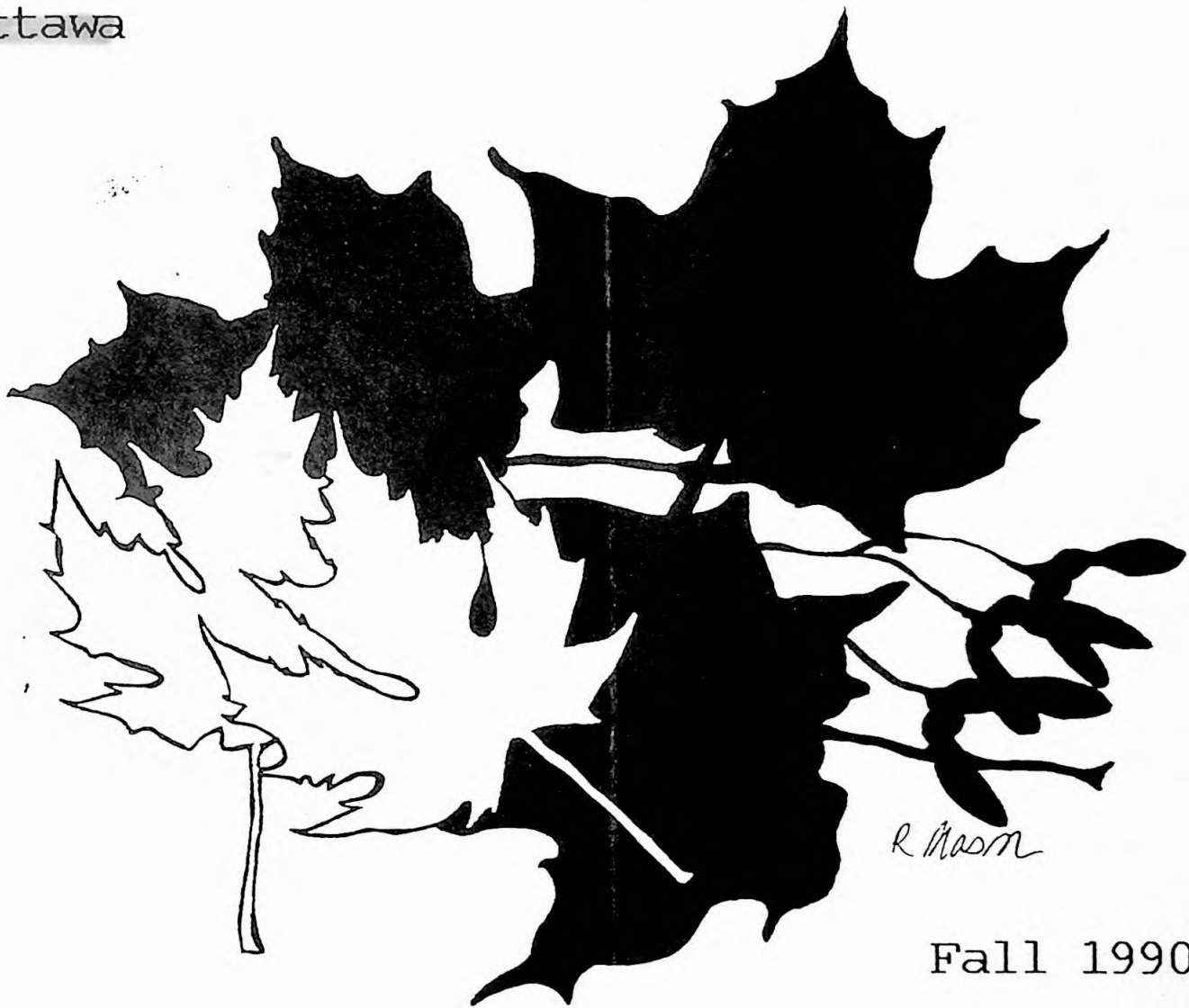


Ec - Sense

The Allergy and Environmental Health
Association of Canada
Association Allergies Santé et
Environnement
Ottawa



Fall 1990

OUR THANKS**Contributors**

Pat Gorgas
 Alice Kopp
 Janet Lee
 Alan Rayburn
 Virginia Salares
 Elizabeth Stutt

Production

Penny Corbin

Cover drawing by Rebecca Mason

Editor

Judy Benson

Editorial Committee

Judy Benson
 Chris Brown
 Penny Corbin
 Virginia Salares

Distribution

Suzanne Greene
 Russ Johnson

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Note: Advertisements do not imply that AEHA endorses any particular product or services mentioned therein. Readers with multiple sensitivities are advised to assess products carefully since individual sensitivities may vary.

**SUBMISSION DEADLINE FOR WINTER
 ECO-SENSE IS NOVEMBER 30TH.**

OUR THANKS TO THE FOLLOWING WHO HAVE MADE DONATIONS SINCE OUR LAST ISSUE

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President's Message

What a summer! So much happening it's hard to keep up. But it's slowly getting easier to feel up about what's happening for us. Tectonic plates do move!

In Ottawa, we're helping to make the new City Hall accessible for the environmentally sensitive. We're asking to be able to go to City Hall for services, or to be able to work there. The Mayor and most aldermen agree that the city should accommodate the sensitive.

Ottawa Recreation and Culture has provided a clean meeting place. Staff at McNabb Community Centre were helpful, but several members couldn't come to meetings because of residual tobacco smoke. At our new location, the Hintonburg Community Centre (1064 Wellington), smoking is banned at all times, and our sniffing committee finds it much better. **Let us know how it is for you!** It's on the #2 Bus route.

School boards are learning, thanks to people like Ruth Taber of the Ministry of Education, and, of course, our Education Committee. Public health nurses in schools are also learning. Maybe one day our schools will be built so they don't cause children to become disabled. Portable classrooms and sealed schools are a real menace.

The new provincial government may bring changes. A dozen MPPs now in government have previously demanded action on our concerns. Ottawa MPP Evelyn Gigantes spoke at our national conference in 1987. Just a year ago NDPer David Reville forced the Health Minister to recognize that "there are a number of physicians in Ontario who are already knowledgeable concerning environmental hypersensitivities". Mr. David Cooke has also spoken out several times on our behalf.

In order to help the very sick, the Ministry of Community and Social Services sent a memo to all its branch offices

"reminding" them that disability benefits should be given on the basis of a "client's ability to work or engage in the activities of daily living regardless of the specific diagnostic classifications labelling their illness". According to the memo, provincial disability pensions have been available since an Ottawa member won benefits in 1983. Procedures for granting "Special Needs" allowances are finally being reviewed.

On the basis of the conference sponsored by the District Health Council and AEHA last spring, (and after some prodding by a Ministry of Health lawyer), the Mental Health Facilities Branch of the Ministry of Health has asked the provincially-run psychiatric hospitals to start dealing with CNS effects of chemical sensitivities.

And the Ontario Human Rights Commission is helping again. The Commission stopped renovations on a Toronto co-op until a sensitive tenant could find another place to live during renovations.

With all these successes, there are still some serious problems. Some seriously affected people have reached a near burn-out phase simply mustering the courage to survive, and there are instances where supportive help of various kinds is urgently needed. People who've had to rely on a sometimes hostile system experience frustration, isolation, and even the problem of becoming "invisible", something that we must guard against doing to people with problems. There are many members who crave the humanity of just being quietly close to others.

If you need help, ask a board member to bring it to our executive. If you're not doing so bad, how about sharing? There's lots to do.

Chris Brown, Branch President

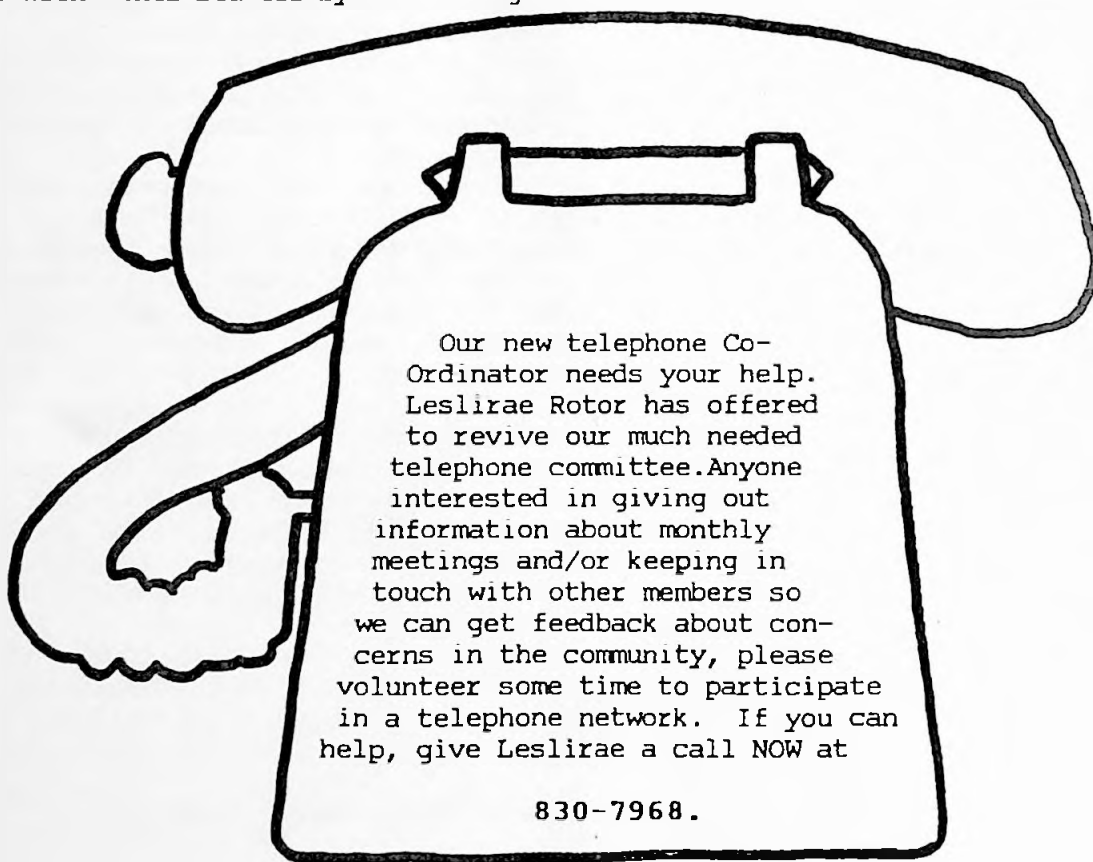
Editor's Message

Greetings and I hope you all had a very pleasant summer with little discomfort. And we are again at the beginning of a new year of events with the Ottawa Branch of the Allergy and Environmental Health Association. Hopefully the speakers and social activities will be of value to you and offer enjoyment in an understanding atmosphere. And the new location at Hintonburg Community Centre will be more tolerable as it is smoke-free.

The next Eco-Sense will be the winter issue and I would like to remind all members that the newsletter is your's, so do feel free to share information - recipes, jokes, success stories, "safe" food and fabric/clothing sources, etc. etc. with other readers by contacting me

at 684-1339 by November 30th, to discuss content and space required. If there are subjects you would like to see dealt with in Eco-Sense, I would be pleased to hear from you. The newsletter must respond to the needs of the membership so it is important that the content satisfies a cross-section of those it is intended to serve. "We Get Letters" is a regular feature in Eco-Sense - Let's hear from you!

Yours in Good Health,
Judy Benson



Branch News

From time to time, AEHA Ottawa is called upon to provide information on environmental sensitivities at events focusing on the environment. In order to be able to respond to these requests (man tables, give out brochures, put up and take down posters) we need to compile a resource list of informed members. If you can help out occasionally please leave your name with Pat at 224-0801.

WORKSHOP NOTICE

My 2 year term as workshop co-ordinator is over and I would like to take this opportunity to thank our qualified speakers, Lynda Brooks, Moira Geller, Janet Lee and Virginia Salares for giving so much of their time to AEHA. Thanks to their expertise we have been able to offer our membership workshops on Environmental Hypersensitivities, Communication, Exercise and Posture, Cooking, Bach Flowers, and Touch for Health.

Here's an opportunity for someone with a few hours a month to get involved in the organization. Attendance at Board meetings would not be required. A volunteer would make room reservations, co-ordinate workshop times with the various speakers and be able to take reservations by phone or mail from our various members. A workshop schedule could be prearranged or arranged when enough interest is expressed in a particular topic. Procedures have been documented and are available if desired. It is possible that we will be able to plan a Saturday workshop by Shirley Flemming from the Whole Health Institute on "Atunement and the Heart of Healing". If you are interested in attending this workshop or have other topics you would like to see covered and/or can spare the time to help us out, drop us a line at AEHA Ottawa Workshops, P.O. Box 11428 Station H, Nepean, Ontario K2H 7V1.

Penny Corbin

HOT LINE

If you notice any promos for radio or T.V. broadcasts pertaining to Environmental Hypersensitivity and/or the environmental issues our members may be interested in, please call Pat Gorgas, Tape Librarian, at 224-0801.

Crystal Aire is a company with a line of well tolerated paint. A sample kit is available to borrow for testing through Elizabeth Stutt (825-8388).

Contents: Samples of 1) Crystal Aire Clear Finish, 2) Crystal Shield Clear, 3) Crystal Shield Latex Paint (Antique White), 4) F-Sorb Flat Latex Paint, 5) F-Sorb Semi Gloss Latex Paint.

Descriptive literature on F-Sorb Flat Latex Paint and on Environmental Finishes.

Product Catalogue from Smith's Pharmacy, Toronto.

By the Way.....

There is also a tester kit belonging to AEHA of Livos paint and wood treatments which has not been heard from for some time. Would whoever borrowed it many moons ago and has forgotten to return it please do so NOW, there's a waiting list. Contact someone on the executive to make arrangements for its return. Thanks.

Hospitals

With growing awareness of the discomforts associated with EI in public places, we would like to hear from members who have had recent stays in Ottawa area hospitals. Could you share any experiences with our membership by writing to our "We Get Letters" column, P.O. Box 11428, Station H, Nepean, Ontario K2H 7V1.

Library News

For the past few years we have been exchanging newsletters with other branches within the organization and with other groups.

Recently, Action Against Allergy (AAA) based in London England has agreed to exchange newsletters with us. Articles which may be of interest are:

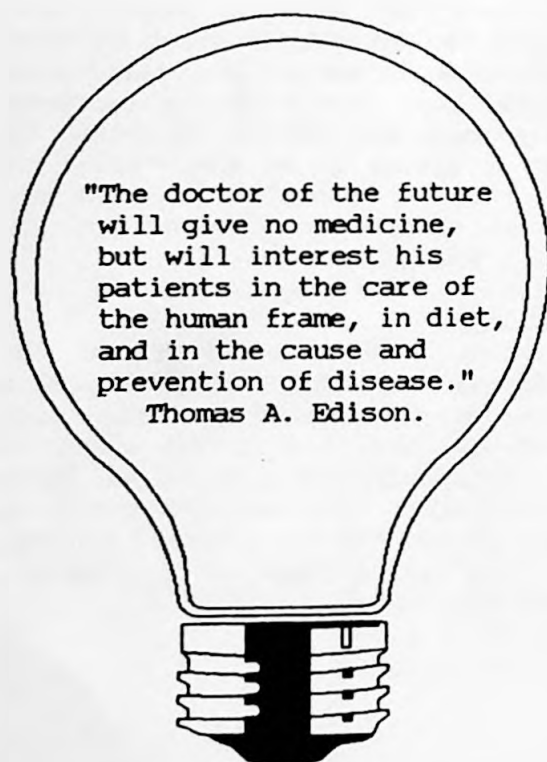
"Cooking for My Allergic Husband", AAA Summer 1989.

"Myalgic Encephalomyelitis and/or Allergic Disease?", AAA Winter 1989.

"Sacrifices for Children and Parents", AAA Winter 1989.

"What's Your Poison", AAA Spring 1990.

Also new to our library is the Asthma Newsletter, Information for Parents of Asthmatic Children, sponsored by the Asthma Committee of the Lung Association. Our editor, Judy Benson will be perusing these newsletters for information and then they will be passed along to the library. We encourage you to make use of this valuable resource.



IMPORTANT

Membership Renewals

Check your label date. If it reads 9006, 9007, 9008, 9009 this is the last Eco-Sense you will receive unless you RENEW YOUR MEMBERSHIP. If your label reads 9010 9011 9012 your membership will soon be expiring, please renew now as renewal notices will not be sent before your membership is due.

To renew send a \$25 cheque or money order, payable to the: Allergy and Environmental Health Association to: P.O. Box 11428, Station H, Nepean, Ontario K2H 7V1.

As indicated on the back cover of the Summer Quarterly, all memberships now renew annually, on the first day of the joining (or renewing) month, e.g. join in August, renew in August.



Enjoy Drawing?

We need a member to draw cartoons for the Eco-Sense. If you are interested call Penny 225-1462.

CONTACT NUMBERS

AIR CLEANER CO-ORDINATOR	Barbara Bellin	238-2403
WILD GAME FREEZER	Manon Gaudreau	(819) 684-2036
WILD GAME CO-ORDINATOR	Stephane Lecouffe	(819) 648-5864
BOOK LIBRARIAN	Suzanne Talbot	591-1860
TAPE LIBRARIAN	Pat Gorgas	224-0801
TELEPHONE COMMITTEE & BOOK ACQUISITION LIBRARIAN	Leslirae Rotor	830-7968
SOCIAL ACTIVITIES CO-ORDINATOR	Beverley McCulloch	832-2303
ECO-SENSE EDITOR	Judy Benson	684-1339
ORGANIC FOOD CO-ORDINATOR	Bernie Walsh	235-0151

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The Tester Program

One of the problems which people with environmental hypersensitivity have (among a multitude of others) is the purchasing of nutritional supplements and subsequently discovering that they cannot tolerate the product for some reason. The result is many, many bottles of supplements collecting on a shelf somewhere with only a few used. This practice is expensive and wasteful but until now it was an unavoidable burden associated with nutritional supplementation therapy for ecological type illnesses. It is time to address this wasteful problem.

Although we cannot offer this program for every single product we sell, OTTAWA CHEMISTS CLINIC PHARMACY is now offering, for sale, small quantities of our private brands and major sales items, for a testing opportunity, for a small premium over the regular selling price.

Here's how it works....Say you want to try a vitamin E 400 IU natural product and our Habervites brand costs \$11.95/100 caps. The product is a lot of money and you are worried that you may not tolerate the item. You can now buy a "tester size" which we will make up for you for a premium added to the pro-rated price to cover the cost of the effort. In this case the cost would be \$1.80/10 caps. Though the 10 capsules are more costly per capsule, the risk of first purchase to see if you can tolerate the product you wish to try is very much reduced.

Insurance coverage

Nutritional supplements can be costly and the common ones are usually not covered by insurance plans.

If you are an Ontario Drug Benefit (ODB) recipient many of these products can be made to be covered by this plan with the help of your physician. (Did you know that some herbal products can be covered by ODB?)

Call anytime to arrange an opportunity for us to review your supplements so eligibility for ODB coverage can be achieved.

This service is also available for those who have other insurance plans (eg. Blue Cross, P.C.S., etc.)

Nutritional supplements on prescription

Always get prescriptions for your nutritional supplements. Products on prescription cost no more, improve the quality of your health care monitoring, and may provide you with valuable tax deductions or credits (if they cannot be reimbursed by insurance plans.)

Our ongoing sale

Buy any 5 of the same nutritional supplement price and obtain a 25% discount. People should group together and save. It's sensible, sociable, and thrifty!

We hope you like our programs and services. Your comments and suggestions are always appreciated.

Eco-Sense

Environmentally Hypersensitive Children in the schools.

by Dr. Virginia Salares

Controlling the environment for the environmentally hypersensitive starts in the home. Parents of sensitive children have, in most cases, removed or controlled as many irritants as possible in their immediate environment. Outside the home, children spend the greatest amount of time in the school. Consequently, next to the home, the school environment has a strong impact not only on their physical health, but also on their education.

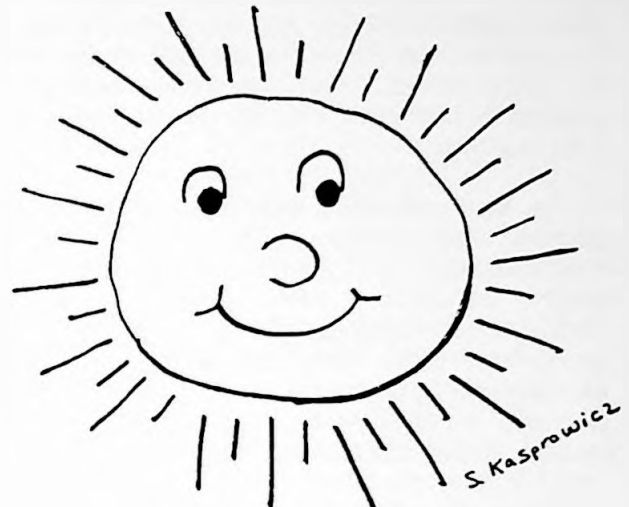
Thus, it is not typical issues such as quality of education, teacher selection, busing etc. which the parent of the sensitive child is concerned with. The most urgent question is whether the school and the classroom will be a supportive environment or not.

How Are Sensitive Children Affected?

The effects of a non-ideal environment at school may show up in many ways. Physical symptoms, such as asthma attacks, or wheezing are easiest to recognize. Not every child, however, is prone to asthma, and the symptoms are often manifested as central nervous system effects.

Examples of central nervous system effects are changes in behaviour, in which the child may be inattentive, angry, withdrawn or disruptive, or changes in intellectual functioning, such as memory loss, being spaced out, lack of concentration, deterioration of writing skills or reduced comprehension.

Some of these children may get sick while others may be labelled difficult,



hyperactive, with attention deficit disorder or learning disabilities. Some children could be affected physically and mentally at the same time.

What Causes Poor Environment at School?

There is no question that air quality is of foremost importance. Poor air is associated with the sick building syndrome; it is known to make people sick. Good quality air supports health and mental functioning.

Two other components of the physical environment are equally important - good lighting and absence of electromagnetic low frequencies. Windowless rooms are not pleasant for any activity, especially learning.

The Carleton Board school in Bridlewood which is adjacent to power lines has generated concerns over electromagnetic low frequencies. Although the risk is difficult to quantify, it is known that many hypersensitive individuals experience adverse reactions in similar environments.

Poor Air

Much more is now known about air quality than in previous years. The number of research papers investigating the causes of the sick building syndrome is increasing just as the number of people being affected by poor air is also increasing.

In the schools, one of the principal causes of poor air is lack of ventilation, partly due to the fact that many schools were built before ventilation systems were required. In newer schools, the ventilation may be inadequate, purposely reduced to conserve energy, or there is too much pollution coming from different sources.

Some schools are known to be insulated with urea-formaldehyde foam insulation. Portables are notorious sources of formaldehyde and other volatile organic compounds. Contamination of the outside air may result from poor location.

The materials used inside the building and maintenance practices contribute to the overall air quality. The paints on the walls offgas, and smells are produced by books and paper.

Carpets in classrooms are a major source of pollutants. When new, chemical emissions from the synthetic carpets (finished with numerous treatments such as dyes, anti-soil, anti-static) can significantly lower the air quality. As the carpets age, the offgassing decreases but is supplanted by mould growth.

Most cleaning chemicals used are odorless and solvent-based. Some used on a daily basis are a continuous source of pollution. Painting during the year is a major cause of discomfort and can make the school intolerable for the sensitive.

There are many other sources of pollution in schools - the heating

system, photocopiers, buses, pesticides, moulds from plants, pets, perfumes from teachers and smells from a room full of students.

What Can Be Done

Ventilation is essential but is also the most difficult problem to address. The next approach would be to try and minimize the pollutants that are generated inside the building. To achieve parts of the solution, parent participation is required.

AEHA OTTAWA NOW HAS AN EDUCATION COMMITTEE. CONTACT ELIZABETH STUTT (825-8388) FOR MORE INFORMATION.

le germe d'une idée	a germ of an idea
sa croissance	the source from which something grows
le fruit: un nouveau nom et un nouvel environnement	our new name and location reflect that continuing growth towards wholeness

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Sharing Information

The Green County Co-op of New York State did a survey of 170 vegetable gardeners to determine which crops were routinely grown without pesticides and which would normally require the most pesticide use. The top 14 vegetables without pesticide use were as follows in order: Garlic, cos lettuce, leek, rhubarb, looseleaf lettuce, parsley, snap peas, onions, sweet potatoes, okra, swiss chard, beets, parsnips, carrots.

The 12 vegetables receiving the most treatments of pesticide by gardeners were in the following order: Brussel sprouts, cabbage, broccoli, cauliflower, potatoes, summer squash, cucumbers, Chinese cabbage, melons, winter squash, pumpkins, tomatoes.

(Taken from ACRES, U.S.A., the Eco-agriculture newspaper and submitted by Alice Kopp).

* * * * *

"Back to Basics Environment Store" is a new store and resource centre just opened at 1743 Carling Avenue (722-6554). Needless to say the focus of the new establishment is to bring to the consumer environmentally friendly products and information on and about the environment. Recycled paper products, shopping bags, line of bio-degradable washing and dish detergents, soaps, etc. and fluorescent bulbs are among many other products.

* * * * *

The Worst Nightmare department.....
Scents in Air Conditioning!

Japan's largest construction company is designing offices that can be perfumed with 15 standard fragrances from a top scent firm. An "aroma-generation system" pumps mists of perfume into the air-conditioning. This is supposed to sooth, perk up and improve the efficiency !! of

the building's inhabitants. Lavender is cited as having a mellowing effect out in the reception area and cuts computer operator errors by 20%. Lemon raises alertness and reduces typist error by 54%. Hope it stays in Japan!!
(Reader's Digest, Nov. 1989)

* * * * *

Last issue I told Eco-Sense readers about having received, and was made sick by, perfumed strips on unsolicited coupons in the mail for Camay soap. I had written to Proctor & Gamble to draw their attention to the intrusion this practise is, especially for the chemically sensitive. Copies of that letter also went to Pollution Probe and Consumer & Corporate Affairs. So far I have received no response from any of them. I will persevere tho' by way of a follow-up letter. J. Benson.

* * * * *

Unbleached cotton is now available at Rockland Textiles for \$3 /lb. Remember to test for individual tolerance.

* * * * *

Tips on Picking the Right Practitioner:

. First, ask people you respect to recommend a practitioner. Look for someone who will treat your problems seriously and listen carefully to your questions. She should show interest in you as a person, and you should feel at ease.

. Look for someone who will explain things in easy-to-understand language, not jargon.

. Practitioners should practise what they preach. If he smokes, is grossly overweight or very nervous, think twice about going to him.

. If physical treatment makes you feel worse or if it always causes pain, discuss the situation with your practitioner. You may want to consider seeing someone else.

* * * * *

The newly renovated Champagne Pool at 321 King Edward Avenue is the only Ottawa area pool that is chemical-free. The new filtration system replaces chemicals in the water with salt. "The salt is added at a rate of 4,000 parts per million, which is the same as we have in our eyes. It's a natural system that won't irritate hair, skin or eyes, because it is similar to the natural combination of salt in our bodies." The Hypo Cel system is controlled by a computer and provides a safer less unpleasant system. "The salt in the water produces a natural ingredient equivalent to chlorine which keeps the pool clean and clear. Adult swim has been allocated more than 60 hours pool time at a cost of \$1.75 per visit. A sauna has also been added. For more information call Champagne Bath at 564-1033. (The Ottawa Citizen, August 28, 1990) Thanks to Elizabeth Stutt for this welcome news item.

* * * * *

We love to receive your clippings and copies of articles for the newsletter, library or publicity. Please include the source (publication's name, date of issue, etc.). Direct the clippings to Eco-Sense Editor, Book Librarian, Publicity Chairman c/o AEHA box number. We would like to acknowledge your contribution so let us know who you are as well.

Gentle Cleaners

Use up the left-over ketchup and Worcestershire sauce that can't be used as a condiment anymore because of Candida problems: Ketchup is a good copper cleaner and Worcestershire does a nice job on brass doorknobs.

Use salt to clean chopping blocks and cutting boards. Just sprinkle with salt and wipe with a damp cloth or brush. Also gets rid of fish odours using the same method.

A greasy skillet can be cleaned by sprinkling with salt and wiping with paper towel. To keep the pan from rusting wipe with salad oil afterwards.

Greasy build-up can be prevented in sink drains by regular treatments of a strong brine solution (one part salt to two parts hot water).

To remove stains and spots from chrome and stainless steel sprinkle baking soda on a damp rag and wipe.

Washing soda with laundry soap cuts down on amount of soap required and helps clean.

These are a few hints copied from an article published by the Gazette, April 30, 1988. Many of the suggestions for alternate, non-toxic cleaners recommend ammonia as an ingredient. This is a strong chemical and is not recommended for use especially by those with chemical sensitivities. One must be cautious when choosing a so-called "green" product - READ LABELS !!

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- ✓ Computerized drug profiles and usage reports available so that you can know exactly what you have taken, what you are taking and possible interactions.
- ✓ Fully qualified professional Pharmacist on hand at all times to serve and advise.

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- ✓ Family section includes products for baby including bio-degradable diapers and environmentally friendly Cloth Diapers.
- ✓ Unique and 'Glebe' exclusive gift products not normally found in Drug Stores.
- ✓ Home Birthing supplies.
- ✓ Contact lens and eye care products.
- ✓ A very large selection of tooth brushes and other dental care products.
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Food Fare

Spelt - a delicious easily digestible grain. Research in Europe suggests spelt was a dietary mainstay more than 9000 years ago. Considered gourmet in Europe, in this country it has been used as animal feed. Because of requests from European customers, Purity Foods, Inc. investigated and learned that Ohio was the top producer in the United States. Ohio now grows between 100,000 & 200,000 acres of spelt annually. Spelt tolerates poorly drained, low fertility soils and thrives without chemicals.

Spelt does contain gluten but it is easily digested and many wheat sensitive people tolerate it well. Spelt's solubility seems to be the reason why it is digested so easily. The nutrients dissolve rapidly in liquid and become readily available to the body with a minimum of digestive work.

Spelt has a nutty, whole grain flavour. It requires less liquid than other flours. Therefore start with 3/4 the quantity of liquid specified and add a little more if necessary.

Several pastas are now available. Contact Purity Foods Inc., 2871 W. Jolly Road, Okemos, MI 48864-3547. Phone (517) 351-9231. Source: Mastering Food Allergies, M.J. Jones, Editor. (Thanks to Janet Lee for passing this information along)

The following nutrient value chart is from a booklet of Allergy Recipes for the Super Foods and reprinted with permission from Marjorie Hurt Jones, R.N., Editor of Mastering Food Allergies. Recipes are provided for five of the best alternatives to wheat and corn: amaranth, buckwheat, quinoa, spelt and teff. Besides learning how to whip up pancakes, waffles, cookies, pie crusts, cakes and breads, you are provided with handifacts about superfoods - nutrient values, gluten content, what the superfoods are and where they come from and where to find them. Send \$4.70 (U.S.) to Mast Enterprises, Inc., 2615 N. Fourth St. #616, Coeur d'Alene, ID 83814 (A 1 yr subscription to the Mastering Food Allergies Newsletter costs \$20 (U.S.) for

NUTRIENT VALUES OF SUPERFOODS

For an average serving containing 2 ounces dry measure

	PROTEIN	CARBO. HYDRATE	FAT	CALORIES	FIBER	CALCIUM	IRON	THIAMINE	RIBOFLAVIN	NIACIN
Amaranth*	8g/15%	35g	3g	200	6.9%	10	80	**	8	4
Buckwheat*	8g/15%	28g	1g	190	.7%	2	15	30	5	12.5
Quinoa*	9g/15%	35g	3g	200	9.4%	6	26	10	10	4
Spelt	13-14%	42g	1.6g	217	N/A	**	15	25	8	25
Teff	7g/10%	41g	1g	200	13.5%	10	25	15	4	4
Whole Wheat (Hard winter variety)	8g/10%	41g	1g	190	14%	2	10	20	2	10

* Non-grain foods (not true cereal grains)

** Contains less than 2% of the U. S. Recommended Daily Allowance

10 issues and can be obtained by writing to the above-mentioned address) to receive a copy.

Tofu

Tofu is an ideal food if tolerated by the hypersensitive. It was developed in China more than 2000 years ago. It is made from soybean curds just as cheese is made from dairy curds, however, unlike cheese, it is not fermented, aged or ripened.

It is rich in high-quality easily digestible protein, and can be an excellent food for babies, elderly adults and people with digestive problems. Tofu has all eight essential amino acids and since it has an abundance of lysine, also an essential amino acid which many grain products are deficient in, it is not only a basic protein source, but a truly remarkable protein booster. It is also an ideal diet food as a typical 8 ounce serving has only 147 calories whereas beef has 4-5 times as many in an equal weight. It need not be cooked either.

Tofu is unique among high protein foods in being low in saturated fats and entirely free of cholesterol. It is also an excellent source of calcium as well as iron, phosphorous, potassium, sodium, essential B vitamins, and choline and fat-soluble Vitamin E.

(This information is taken from the book THE BOOK OF TOFU by William Shurtleff and Akiko Aoyagi. The AEHA Library (591-1860) has a copy of this book which includes many good recipes for use with Tofu.)

"Natural Choice" Chickens

Loblaws has added chicken to its line of antibiotic and growth hormone-free meats. The raising of these chickens follows a strict standard and they are fed an all-vegetable diet. The "Natural Choice" beef is also available at Loblaws and is tolerated by some of our members. If you can tolerate this produce it solves the problem of finding a reliable

supplier and doing ahead-of-time ordering.

(Thanks to Pat Gorgas for this tip)



Cassandra's Banana and Chocolate Chip Muffins (12 large)

1c. chickpea flour
1/2 c. arrowroot flour
1/2 c. amaranth flour
2 tsp. baking soda
1/2 tsp Vitamin C crystals
1 - 2 tsp. cinnamon
1/2 c. chocolate chips, carob chips or raisins
1 3/4 c. banana puree and spring water
(add enough water to make up measure)
1/4 c. cold-pressed safflower oil
1/4 c. maple syrup

Combine dry ingredients, including chocolate chips, in a large bowl. Combine wet ingredients in a 2 or 3 cup measurer and mix thoroughly. Stir wet ingredients into dry ingredients, gently, until just combined.

Oil and flour muffin tin(s) and spoon in batter. Bake in a preheated 375 degree Fahrenheit oven for 20-25 minutes. Cool in muffin tin(s) for 5 minutes. Cool muffins completely on a rack. Store muffins in cellophane bags (4/package), then in plastic milk bags, label bags and store in the freezer until needed.

Enjoy!

Adapted by Elizabeth Stutt from Janet Lee's recipe.

Severe Headaches From Bright Lighting

by Alan Rayburn

For the past year and a half I have chaired monthly meetings of a society in the auditorium of the National Research Council on Sussex Drive in Ottawa. After each meeting during the first year I suffered excruciating headaches - sometimes leaving me totally incapacitated until late the following day.

So what was the source of my problem? As I suffer in buildings when the fresh air intake is shut off, and as I get headaches in enclosed malls, I wondered if the fresh air was being cut off in the auditorium. Somewhat indignantly I was informed by the facilities maintenance division that the fresh air is never turned off at the Sussex Avenue building.

Next, I looked at the very bright bulbs in the auditorium, and enquired if they could be toned down. Sorry, I was told, there's only off and on.

I asked on one occasion if anyone else in the audience of about 100 had any health problems after attending the meetings, and not a single person responded.

At recent meetings I have escaped to the rear of the auditorium when my presence was not required at the front, and I have started sporting an editor's green shade. Since taking these precautions I have not suffered headaches following each meeting, although my eyes have been sore for several hours.

I now try to take the eye shade to all meetings. I failed to do so when I attended my first meeting of the AEHA Ottawa, and found to my horror that the

lighting of the room at the McNabb Community Centre is piercingly bright. I shielded my eyes with a piece of AEHA literature - what's a couple of sore arms! - and only had sore eyes and a minor headache the following day.

So what can we do about bright lighting that results in severe discomfort for individuals like myself? Would having the means of reducing the intensity be enough? Or are there some fluorescent bulbs that result in sickness no matter how low the settings are? How extensive is the problem? What are the various solutions others have found to counteract bright lighting? What can we do to persuade managers of public buildings to change their lighting?

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HALLOWEEN SOCIAL ** HALLOWEEN SOCIAL **** HALLOWEEN SOCIAL ******

WHEN: SATURDAY NIGHT, OCTOBER 27TH

TIME: 8:00 P.M. to MIDNIGHT

PLACE: HINTONBURG COMMUNITY CENTRE
1064 Wellington Street (near the Grace Hospital)

This is our new meeting place for all events.

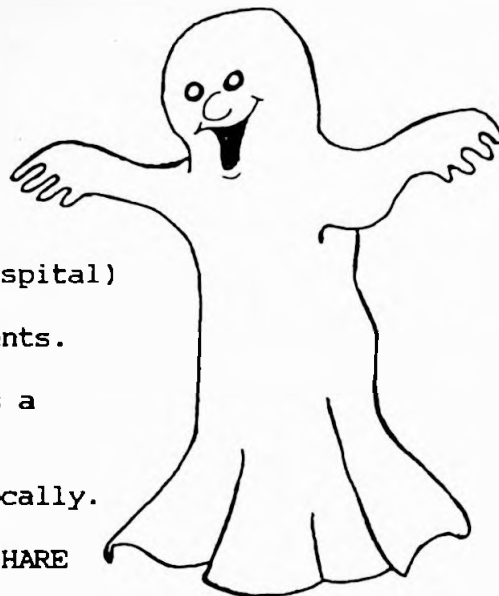
BONUS: the Hintonburg Community Centre is a
"NON-SMOKING BUILDING"

NOTE: There is parking on premises and locally.

BRING YOUR OWN SNACKS FOR THE PARTY AND SOME TO SHARE

COSTUMES ARE OPTIONAL

MARK YOUR CALENDAR NOW for this social event coming up... Come and enjoy an evening of socializing and good fun. "Strangers are Friends yet Unmet".



CHRISTMAS POT LUCK ** CHRISTMAS POT LUCK **** CHRISTMAS POT LUCK**

WHEN: SATURDAY, DECEMBER 8TH

TIME: 6:30 P.M.



PLACE: HINTONBURG COMMUNITY CENTRE
1064 Wellington Street (near the Grace Hospital)

BRING A DISH TO FEED SIX PEOPLE AND YOURSELF (WHATEVER YOU LIKE TO EAT).

BRING YOUR OWN DISHES AND CUTLERY IF YOU WISH (HELP SAVE THE ENVIRONMENT).

WATER AND TEAS PROVIDED.

N.B. We are trying Saturday nights this year for the first two events to accomodate more people who prefer a Saturday night.

HOPE TO SEE YOU ** HOPE TO SEE YOU **** HOPE TO SEE YOU ******

EVENTS EVENTS EVENTS EVENTS EVENTS

Our general meetings are now being held at the Hintonburg Community Centre, 1064 Wellington St at 7:30 p.m. every third Thursday. It is a non-smoking building and we hope it will be more acceptable to our membership. Parking is available at the rear of the building. Bus Route #2. Look for notices in the Ottawa Citizen and at various locations like health food stores or call a Board member for more information about scheduled speakers. **REMEMBER: PLEASE REFRAIN FROM WEARING PERFUME, AFTER-SHAVE OR OTHER SCENTED PRODUCTS TO OUR MEETINGS.**

October 18 Housing for the Environmentally Sensitive

Topics to be covered include:

Information on creating an oasis in your home,
Residential Rehabilitation Assistance Program (RRAP) grant,
Ontario Home Renewal Program for the Disabled (OHRP-D) grant,
Non-Profit, Subsidized, Accessible Housing for People Disabled by
Environmental Sensitivity (Barrhaven and Sandy Hill communities)

October 27 Halloween Social
(See notice on opposite page)

November 15 Health and Wellness

December 8 Christmas Pot Luck Dinner
(See notice on opposite page)

December 20 No Meeting Scheduled. Have a happy holiday season.

CONNAISSEUR SERVICES



Location/Achat
Refroidisseur
D'eau

Rental/Purchase
Water Cooler

Home Delivery
Livraison à
domicile

Treatment of Distress

1. Rest
2. Pray
3. Pamper
4. Talk
5. Write
6. Cry
7. Laugh
8. Exercise
9. Sponge
10. Visualize

Thanks to Dr. L. Marshall who gave us this and other good advice on April 19/90.

243-4221

A.E.H.A. OTTAWA
P.O. Box 11428, Station H,
Nepean, Ontario
K2H 7V1

09009 11

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THE ALLERGY AND ENVIRONMENTAL HEALTH ASSOCIATION is a charitable organization under Canadian law, operating on a non-profit basis.

One of the purposes of The **ALLERGY AND ENVIRONMENTAL HEALTH ASSOCIATION** is to promote the free exchange of information on the prevention and treatment of environmental hypersensitivities. People who are environmentally hypersensitive are no longer able to adapt well to common and increasing exposures in their everyday environment.

On a local basis, **ALLERGY AND ENVIRONMENTAL HEALTH ASSOCIATION** Branches work toward finding sources of chemically less-contaminated food, water, clothing and household furnishings, as well as providing counselling on changes of lifestyle that may alleviate symptoms.

Membership in the **AEHA** includes a subscription to **ECO-SENSE**, the newsletter of the Ottawa Branch, and to The A.E.H.A. Quarterly, from the National Office. Each is produced four times a year. The cost of an annual membership and subscription is \$25.

To become a member of **AEHA** send your name, address, postal code, telephone number and cheque or money order payable to The Allergy and Environmental Health Association to:

The Allergy and Environmental Health Association
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